Pink Out

17

Marion C. Early
Panthers

Southwest
Lady Trojans

Tuesday, Oct. 13, 2026



Welcome to Pink Out 2026!



Emily Brooks, Abi Hnem, Holley Montondo, Olivia Hnem, Paula Callison welcome you to Pink Out 2026!

THEME DAYS!

Monday, Oct. 12: Awareness Day (Hand out Ribbons - HS, MS??)
Cancer's "No Match" for Us - Wear Mismatched Clothes

Tuesday, Oct. 13: PINK OUT - Wear Pink EVERYTHING!
Go support one of our teams this evening!

Wednesday, Oct. 14: We're Stronger Together - Twin Day

Thursday, Oct. 15: Let's "Sock It" to Cancer - Wear Crazy Socks

Friday, Oct. 16: No One Fights Alone - Wear ORANGE or YELLOW to support our students/schoolmates who are fighting their own battles with cancer

Southwest Pink Out History

Early in the 2010 season, then Senior Tiffany Shockley pitched the idea of a breast cancer awareness night to Coach Voyak. Coach had always wanted to do one, but wanted it to be the girls' idea. The players designed their T-shirts and decorated the gym and raised money through a "pocket change" fundraiser.



Pink Out Passion: Coach Henry

Ever wonder why Southwest Pink Out is so successful. Three words:



COACH

MANDY

HENRY



Coach puts in long hours with T-shirt orders, fund-raising and decorations. She is the reason Pink Out has grown into a mega event.

The History of the Pink Month

Breast Cancer Awareness Month was created in 1985 as a collaborative effort between the American Academy of Family Physicians and AstraZeneca Healthcare Foundation and CancerCare, Inc., and various sponsors.





More History

- Since its inception, the National Breast Cancer Awareness Month (NBCAM) organization has been vigorously promoting educational events and programs to encourage and empower women to take control of their own breast health by practicing regular self-breast examinations, getting mammograms as recommended, scheduling regular visits with their physician for breast care.

Breast Cancer and Covid-19

Far fewer cases of breast and five other cancers are being diagnosed in the United States during the COVID-19 pandemic, according to a study.

Coronaviruses are a large group of viruses that can cause respiratory illness in humans and animals. The relatively new coronavirus we've all heard so much about is called SARS-CoV-2, and the illness it causes is called coronavirus disease 2019, which is abbreviated as COVID-19.

The virus that causes COVID-19 is very, very contagious — about 3 times as contagious as the flu virus. It spreads mainly through droplets of fluid produced when a person coughs or sneezes. People who are within 6 feet of an infected person may then inhale or otherwise get the droplets into their noses, mouths, or eyes.

Because COVID-19 is so contagious, and to save healthcare resources for people diagnosed with COVID-19, many hospitals and other healthcare facilities delayed or cancelled elective procedures beginning in March 2020.

An Overview of the Ailment

Often, there are no symptoms of breast cancer, but signs of can include a breast lump or an abnormal mammogram. Breast cancer stages range from early, curable breast cancer to metastatic breast cancer, with a variety of breast cancer treatments. There are different types of breast cancer. In addition, breast cancer in men is not uncommon and male breast cancer must be taken seriously.



Breast Cancer Myth #1

- **The Breast Cancer Myth:** Drinking milk (or dairy) causes breast cancer.

- The Truth: Several myths persist about the correlation between dairy intake and the increased risk of breast cancer. Over many decades, studies have shown that dairy consumption does not increase the risk of breast cancer. For more information about these studies, please visit: American Cancer Society: https://www.cancer.org/latest-news/how-your-diet-may-affect-your-risk-of-breast-cancer.html.

Breast Cancer Myth #2

- **The Breast Cancer Myth:** Finding a lump in your breast means you have breast cancer.

- **The Truth:** Only a small percentage of breast lumps turn out to be cancer. But if you discover a persistent lump in your breast or notice any changes in breast tissue, it should never be ignored. It is very important that you see a physician for a clinical breast exam. He or she may possibly order breast imaging studies to determine if this lump is of concern or not.
- Take charge of your health by performing routine breast self-exams, establishing ongoing communication with your doctor, getting an annual clinical breast exam, and scheduling your routine screening mammograms.

Breast Cancer Myth #3

- Myth: Men do not get breast cancer; it affects women only.

- The Truth: Quite the contrary, each year it is estimated that approximately 2,190 men will be diagnosed with breast cancer and 410 will die. While this percentage is still small, men should also check themselves periodically by doing a breast self-exam while in the shower and reporting any changes to their physicians. Breast cancer in men is usually detected as a hard lump underneath the nipple and areola. Men carry a higher mortality than women do, primarily because awareness among men is less and they are less likely to assume a lump is breast cancer, which can cause a delay in seeking treatment.

Breast Cancer Myth #4

- Myth: If you have a family history of breast cancer, you are likely to develop breast cancer, too.
- The Truth: While women who have a family history of breast cancer are in a higher risk group, most women who have breast cancer have no family history. Statistically only about 10% of individuals diagnosed with breast cancer have a family history of this disease.
- **If you have a first degree relative with breast cancer:** If you have a mother, daughter, or sister who developed breast cancer below the age of 50, you should consider some form of regular diagnostic breast imaging starting 10 years before the age of your relative's diagnosis.
- **If you have a second degree relative with breast cancer:** If you have had a grandmother or aunt who was diagnosed with breast cancer, your risk increases slightly, but it is not in the same risk category as those who have a first degree relative with breast cancer.
- **If you have multiple generations diagnosed with breast cancer on the same side of the family,** or if there are several individuals who are first degree relatives to one another, or several family members diagnosed under age 50, the probability increases that there is a breast cancer gene contributing to the cause of this familial history.

Breast Cancer Myth #5

- Myth: Breast cancer is contagious.

- The Truth: You cannot catch breast cancer or transfer it to someone else's body. Breast cancer is the result of uncontrolled cell growth of mutated cells that begin to spread into other tissues within the breast. However, you can reduce your risk by practicing a healthy lifestyle, being aware of the risk factors, and following an early detection plan so that you will be diagnosed early if breast cancer were to occur.

- Breast cancer myths courtesy of breastcancer.org

What's new in treatment…

Radiation

For women who need radiation after breast-conserving surgery, newer methods are being studied to see if they work as well as standard treatments in keeping breast cancer from coming back. They can make it easier to get treatment since the treatment can be done on in a shorter time.

(Source: American Cancer Society)

What's New (Part II)

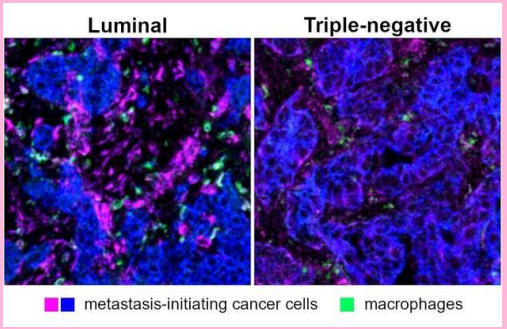
New chemotherapy drugs

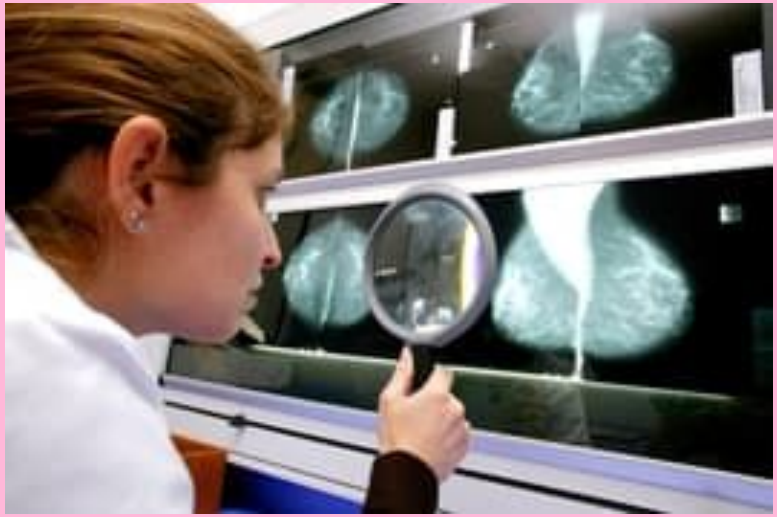
Because advanced breast cancers are often hard to treat, researchers are looking for newer, better drugs. A drug class has been developed that targets cancers caused by *BRCA* mutations. This class of drugs is called *PARP inhibitors* and they have shown promise in clinical trials treating breast, ovarian, and prostate cancers that had spread and were resistant to other treatments. Further studies are being done to see if this drug can help patients without *BRCA* mutations.

(Source: American Cancer Society)

Recent Breast Cancer Research

In a study using human breast cancer cells, scientists say they have potentially identified immune system white blood cells that appear to be the closest neighbors of breast cancer cells that are likely to spread. The researchers say the finding, focused on a white blood cell called a macrophage, may provide a new biological target for immunotherapies designed to destroy spreading cancer cells. A report on the findings was published online Aug. 20, 2024. For the study, researchers used special imaging techniques to see the organization of individual cells within tumors, and built on work by colleagues at Johns Hopkins Giovanis Institute, whose previous work focused on identifying biomarkers.





WebMD

October 13, 2021 -- The FDA on Wednesday approved a new drug for one type of breast cancer, a development one scientist says is the first real advancement in 20 years.

The drug, called abemaciclib – brand name Verzenio – is now approved for patients with the HR+, HER2-early breast cancer, which makes up 70% of all breast cancers.

Breast Cancer Facts



- An estimated 182,800 new cases of invasive breast cancer will be diagnosed this year. Approximately 42,200 deaths will occur in women from breast cancer.
- One in eight women or 12.6% of all women will get breast cancer in her lifetime.
- Breast cancer risk increases with age and **every** woman is at risk.
- Every **13** minutes a woman dies of breast cancer.
- Seventy-seven percent of women with breast cancer are over 50.

Breast Cancer in Younger Women

- Diagnosing breast cancer in younger women (under 40 years old) is more difficult, because their breast tissue is generally denser than the breast tissue in older women. By the time a lump in a younger woman's breast can be felt, the cancer often is advanced. Additionly, breast cancer in younger women may be aggressive and less likely to respond to treatment.

Source: WebMD

Breast Implants

- **Links Between Breast Implants and Cancer Being Investigated**

Cases of possible association between breast implants and a form of lymphoma that may develop tumors at a later stage is currently under investigation. The researchers conclude that breast implants can cause a new subtype of the rare yet malignant lymphoma known as ALCL.

(Source: Science Daily)

The Disease in Younger Women

- Younger women generally do not consider themselves to be at risk for breast cancer, and in fact, just under 7% of all breast cancer cases occur in women under 40 years old. However, breast cancer can strike at any age, and women of every age should be aware of their personal risk factors for breast cancer.

Source: WebMD

Survivors



MORE THAN 3 MILLION SURVIVORS AND COUNTING

supported through research and community programs

Source: Susan G. Komen Foundation website

More Breast Cancer Statistics from the Susan G. Komen website



susan g. komen.

OUR WORK IS NOT DONE. WE WILL NEVER GIVE UP.

Breast cancer is the leading cause of cancer death among women ages 20 to 59 in the U.S.

More than 200,000 women and men in the U.S. will be diagnosed with breast cancer this year. **That's one case diagnosed every 2 minutes.**

More than 40,000 women and men in the U.S. will die from breast cancer this year alone. **That's one death every 13 minutes.**

An estimated 1.7 million women and men were diagnosed with breast cancer around the world in 2012. **That's one case diagnosed every 19 seconds.**

An estimated 500,000 women and men died from breast cancer around the world in 2012. **That's one death every 60 seconds.**

LEARN ABOUT OUR RESEARCH

10 Ways Teen Girls Can Decrease Their Chance for Breast Cancer

- **1. Know the History of Breast Cancer in Your Family**

  While the sheer knowledge of breast cancer history in your family cannot help prevent or reduce a teen girl's chances of developing breast cancer, knowledge is power.

  Knowing which of your aunts, great aunts cousins, or other female relatives have suffered from breast cancer is important information that your parents need to share with teen girls, who can later share that with their ob/gyn and primary care physicians.

  Teen girls should have a conversation with their parents about the history of breast cancer, and other diseases that have affected their family members.

10 Ways Teen Girls Can Decrease Their Chance for Breast Cancer

- **2. No Alcohol in Your Diet**

  Teens need to eliminate alcohol from their diets. According to the NIAAA, "Chronic alcohol consumption increases the risk for cancer of the organs and tissues of the respiratory tract and the upper digestive tract, liver, colon, rectum, and breast."

10 Ways Teen Girls Can Decrease Their Chance for Breast Cancer

- **3. Maintain a Healthy Weight**

  Teen girls and women who are overweight carry more fat on their bodies. Fat has been linked to an increase of estrogen in the body. "One recent study showed that women who developed breast cancer tended to have higher levels of estrogen circulating in their bodies than women without breast cancer," according to Cornell University.

10 Ways Teen Girls Can Decrease Their Chance for Breast Cancer

- **4. Eat More Fiber**

  Eating more fiber may be one way teen girls can decrease breast cancer risk. Researchers from the University of Leeds found that women who consumed 30 grams of fiber a day had "half the risk" of the women who were eating only 20 grams a day. The recommended 30 grams is equivalent to two ounces of fiber.

10 Ways Teen Girls Can Decrease Their Chance for Breast Cancer

- **5. No Smoking**

  Teen girls should not smoke if they want to reduce their risk of breast cancer. In fact, studies have shown that there is a link between teen girls who started smoking during their teen years, and later "developed breast cancer before menopause" (American Cancer Society). But when the researchers looked at women who started smoking in their teens and developed breast cancer before menopause, they found a link.

10 Ways Teen Girls Can Decrease Their Chance for Breast Cancer

- **6. Eat more Fruits**

  There have been recent studies that suggest eating more fruits will not help reduce the risk of breast cancer in all women, only those with certain genes. Teen girls can still benefit from eating more fruit, which are rich in vitamins. Fruits do contain phytochemicals that affect cancer risk (Cornell). Also, it is easier to add a banana and an apple to your day than to go get a genetic test.

10 Ways Teen Girls Can Decrease Their Chance for Breast Cancer

- **7. Exercise Regularly**

  It has been shown in various studies that a regular routine of daily exercise is linked to lowering breast cancer risk. Teen girls should find an hour to engage in moderate activity five times a week. (University of Connecticut Health Center)

10 Ways Teen Girls Can Decrease Their Chance for Breast Cancer

- **8. Eat More Vegetables**

  Eating more vegetables is another way teen girls can reduce their risk of breast cancer. Vegetables, like fruits, have naturally occurring phytochemicals that affect the risk of breast cancer.

10 Ways Teen Girls Can Decrease Their Chance for Breast Cancer

- **9. Learn How to do a Breast Self-Exam**

  Early detection is critical when it comes to breast cancer diagnosis. Teen girls should learn how to do a breast self-exam. Ask your mom, a sister, an older cousin, or someone who you are not embarrassed to ask. Or ask your doctor.

10 Ways Teen Girls Can Decrease Their Chance for Breast Cancer

- **10. Eat more Whole Grain Foods**

  According to various medical sources, including Cornell, eating more whole grain foods may help decrease the risk of breast cancer. They're good for you anyway, and your overall health will benefit. Eating whole grains can also help minimize your chances of developing other cancers or heart disease.

Men Can Get Breast Cancer

A study found that men have lower overall survival compared to women after a breast cancer diagnosis. The characteristics of the breast cancers and undertreatment of male breast cancer seem to account for much of the difference in survival. While breast cancer in men is rare, it does happen. Fewer than 1% of all breast cancers are diagnosed in men. In 2019, about 2,670 new cases of invasive breast cancer will be diagnosed in men. For men, the lifetime risk of getting breast cancer is about 1 in 833.

Survival Rates

The overall 5-year relative survival rate for breast cancer is 90%. This means 90 out of 100 women are alive 5 years after they've been diagnosed with breast cancer.

The 10-year breast cancer relative survival rate is 84% (84 out of 100 women are alive after 10 years). The invasive 15-year breast cancer relative survival rate is 80% (80 out of 100 women are alive after 15 years).

Source: Web MD

Survival Rates

Five-year relative survival rates by age at the time of diagnosis are:

- Women younger than 45: 88%
- Ages 45-54: 91%
- Ages 55-64: 91%
- Ages 65-74: 92%
- Women 75 or older: 86%

Source: Web MD

Sources



- Special thanks to **American Cancer Society, WebMD and Cornell Health Center** for information on this slide show.



2026 Research on Breast Cancer

UNC Lineberger Comprehensive Cancer Center: Launched the **EVOLVE** clinical trial in April 2026, using real-time data tracking to adjust treatments as metastatic breast tumors evolve.

University of California, San Francisco (UCSF): Hosted the interdisciplinary **RISE UP for Breast Cancer 2026** conference focusing on precision prevention, hormonal management, and risk reduction strategies.

Rush University / MD Anderson: Convened the **2026 Breast Cancer Symposium** highlighting advances in AI imaging, robotic DIEP flap reconstruction, and targeted radiation oncology.]

UC Davis Genome Center: Scheduled academic symposia exploring ongoing breakthroughs in genetic risk prediction and early detection methodologies.

2026 Treatment Options

The Preemptive Strike on Hormone Resistance (HR+/HER2-)

For patients with Hormone Receptor-positive (HR+) breast cancer, tumors frequently mutate to outsmart standard aromatase inhibitors by altering the *ESR1* gene. In 2026, the paradigm shifted from waiting for a tumor to grow on an imaging scan to **liquid biopsy tracking**

"Smart Bomb" Antibody-Drug Conjugates (ADCs)

ADCs function like targeted missiles, binding to specific proteins on a cancer cell and releasing a payload of chemotherapy directly inside it, sparing healthy surrounding tissue.

De-Escalation: Safely Forgoing Chemotherapy

A major quality-of-life theme in 2026 is "de-escalation"—finding out who is receiving *too much* toxic treatment.

AI-Driven Care and Quality of Life

- **Predictive AI:**
  Rather than relying on expensive multi-gene diagnostic tests, new AI platforms demonstrated the ability to mine standard pathology slides and routine clinical data to predict which patients need chemotherapy and flag those at highest risk for brain metastasis before symptoms appear.

Pink Out I - 2010











Pink Out 2010



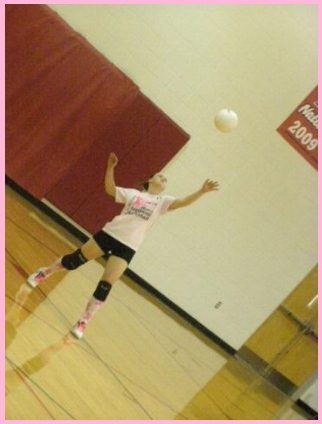




2010

Southwest vs. Purdy

Pink Out 2010/Year 1













Pink Out 2011



Pink Out 2011









2011
Southwest
vs. McAuley

Pink Out 2011







Pink Out 2012









2012
Southwest vs. Purdy

Pink Out 2013



2013
Southwest
vs. Wheaton

Pink Out 2014







Pink Out 2014





Pink Out 2014





Pink Out 2014





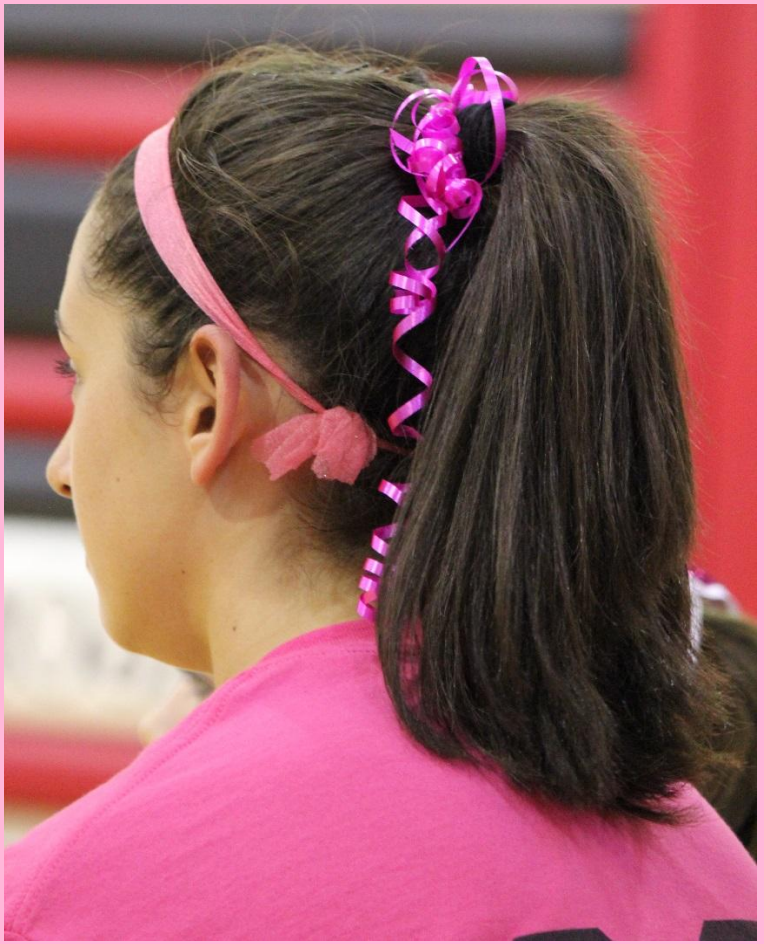
Pink Out 2014





Pink Out 2014





Southwest JV 2014



Southwest Volleyball 2014



Southwest vs. Gentry 2014



Pink Out 2015



Pink Out 2015



Pink Out 2015



Pink Out 2016

- Because of scheduling conflicts, Southwest had to reschedule Pink Out in 2016. It ended up being a game against Crane. Southwest lost the first set when the Lady Trojans lost the final 12 points after leading 15-13. The girls rallied to win the next two sets and won 26-24 in dramatic fashion in set 3.

Pink Out 2017



Pink Out 2017





Pink Out 2017



Pink Out 2017



Pink Out 2018



Pink Out 2018



Pink Out 2019 Set-up





Pink Out 2019 Set-up



Pink Out 2019 Set-up



Pink Out 2019 Set-up



Pink Out 2019 Set-up



Pink Out 2019 Set-up



Pink Out 2019 Set-up





Pink Out 2019 Set-up



Pink Out 2019 Set-up





Southwest @ Galena 2019





Varsity Volleyball 2019



Pink Out 2020



Pink Out 2020 (Covid-19 year!)



2020 was a strange year in every way possible so Pink Out was no exception. The Lady Trojans actually played a double-header for Pink Out, facing Crane's JV and varsity and then Exeter's varsity in the first volleyball double-header in maybe the history of the school. The Trojans won two and lost one.

Pink Out 2021



Pink Out 2021 (with tumblers)



Pink Out 2021



Thanks to a school-wide fund-raising campaign, a total of $1,500 was raised for Brooklynn Slye's grandma Ruthie Primrose (who passed in 2023)

Lady Trojans #1 Fan Passes



Ruth Abby Primrose

April 18, 1962 - September 17, 2023

SEND FLOWERS

ORDER FLOWERS
FOR THE FAMILY

SEND A CARD

SHOW YOUR SYMPATHY
TO THE FAMILY

RUTH'S OBITUARY

Service information only. A complete obituary will be posted later.

Services for Ruth Abby Primrose, age 61, of Seligman will be held at 2:00 PM Thursday, September 21, 2023, at Mission Baptist Church in Washburn, under direction of Fohn Funeral Home in Cassville. Pastor Dayton Brattin will conduct the services. Burial will be at Antioch Cemetery in Cassville.

The family will receive friends from 1:00 until 2:00 PM Thursday at Mission Baptist Church in Washburn.

FOHN FUNERAL HOME
Cassville, Missouri
417-847-2141

READ LESS

Breast Cancer and Mrs. Coach Voyak



Coach Voyak's wife Jean was diagnosed with breast cancer during covid in 2020. Following a trip to the Mayo Clinic, chemotherapy, a mastectomy and physical therapy, Mrs. Voyak is cancer free today. Coach Henry and the players honored her at the 2021 game.

Pink Out 2021





Pink Out 2022





Pink Out 2022



Pink Out 2022





Pink Out 2022





Pink Out 2022



Pink Out 2022



Pink Out 2022



In recent years, the high school and middle school basketball teams have worked together to heighten awareness and raise funds for a local breast cancer survivor.

List of Pink Out Opponents

- Exeter
- Galena
- Gentry (Ark.)
- Hurley
- Purdy
- Wheaton
- McAuley



Pink Out 2023



Seniors/Pink Out 2023



Pink Out 2023





Pink Out 2023





Pink Out 2023





Pink Out 2023





Pink Out 2023







DID YOU KNOW? Southwest was part of two Pink Outs in 2023, two wins over Exeter and Hurley.

Teamwork Makes Dream work

Recently, volleyball has teamed up with the baseball team and the middle school basketball squads to heighten awareness school wide.

























Pink Out 2024

Pink Out 2025





















PINK OUT 2025











Pink Out 2025:

For Payton and Haven

PAYTON UPDATE (from mom):

He is doing pretty well . We were hoping that his most recent scans a few weeks ago would show it completely gone. But unfortunately, it's not. It is smaller, just not gone. So, Payton made the decision to keep going! Keep taking his chemo and hopefully in another four cycles, his new scans will show it's gone. He was diagnosed in October of 5th grade year and was fighting and unable to return to school until 6th grade. In April of 8th grade his cancer came back. He hasn't been back since.

HAVEN UPDATE:



Haven Holmes, from Washburn, MO is a 10 year old boy attending Southwest R-V school. He has recently been diagnosed with Leukemia. He is receiving treatments in Memphis, TN. at St. Jude's. Haven will be receiving treatments for the next 2.5 years. All proceeds go to his family in this time of need.

Pink Out 2025!



From our Seniors Emma Outhouse, Missy Freeman and Addie Parker. Missy is still playing volleyball at Culver Stockton College in Canton, Mo.

Did you know?

Southwest has played in 28 Pink Out games in 17 years and has a record of 16 wins, 12 losses. We have played Pink Out at Galena in recent years, but also at Purdy, Hurley, and Exeter.









"It's always a good day for volleyball."